

19th Annual McMaster Muskoka/OMA (MainPro-C) Seminars (July and August 2015)

Event Overview: The McMaster Muskoka Seminars are designed to provide clinicians (psychiatrists, family doctors, other GP-Psychotherapists, mental health professionals) with an outstanding opportunity to combine stimulating symposia with a relaxing summer vacation. This series of seminars is hosted by the Faculty of Health Sciences, Department of Psychiatry and Behavioural Neurosciences, McMaster University, in conjunction with St. Joseph's Healthcare Hamilton and with the assistance and involvement of the OMA Section on Primary Care Mental Health.

This flier outlines three of the many sessions offered. For additional program and to Register and make secure payment online good to: <http://fhs.mcmaster.ca/psychiatryneuroscience>

The 2015 seminars will be held at the beautiful Deerhurst Resort in Huntsville, Ontario. Our five-day seminars run from 9:00 AM – 12:15 PM daily

*exception: week of Aug 10-14, Dr. Pare's seminar from 1:00 – 4:15 PM

These programs meet the accreditation criteria of the College of Family Physicians of Canada and has been accredited for 15 MainPro-C Credit

This educational activity is approved for 3.0 hours of GPPA Group CE credits for each daily session (15.0 CE-Group credits for the 5 day seminar). In addition, 1 hour of GPPA CCI credits will be given for each 6 consecutive hours attended (2 hours of GPPA CCI credits for attending the five-day seminar)

Members of the American Academy of Family Physicians are eligible to receive up to 30 Prescribed credit hours for attendance at this meeting/event due to a reciprocal agreement with the College of Family Physicians of Canada.

**August 10th to 14th The Management of Simple and Complex Post Traumatic Stress Disorder
(Monday to Friday 9:00 AM to 12:15 PM – Dr. Harry Zeit)**

Overview: Do you have a challenging patient population? Do you have patients whose very name makes your heart sink when you see it on your list for the day? Do visits with these people deplete your energy? Do you ever wonder how you can help these patients heal while still keeping yourself sane and whole? If so, this practical program is for you!

Topics:

- Prevalence and public health burden of psychological trauma.
- Types of psychological trauma and their physical and behavioural sequelae.
- Review of stress physiology and the neuroscience of trauma as a key etiology of chronic illness, chronic pain, addiction and mental illness.
- Trauma-informed care and ways to provide it.
- Treatment planning in the context of psychological trauma.
- Cultivating compassion for survivors of psychological trauma and for self.
- Practical techniques for self-care and burnout prevention.



Faculty: Harry Zeit, M.D., CGPP is a physician psychotherapist at the Medical Clinic for Person Centred Psychotherapy and Chair of Education Committee of the OMA Section on Primary Care Mental Health. Dr. Zeit graduated from the University of Toronto Medical School in 1982. He practiced until 2005 as an American Board certified emergency physician, and was active in the Canadian Association of Emergency Physicians. He now has a private practice in general psychotherapy, with a special interest in trauma, somatic psychology and newer integrated psychotherapies, such as the internal family systems model. He is a graduate of the Sensorimotor Psychotherapy Institute's training level one (affect dysregulation, survival defenses and traumatic memory) and level two (emotional processing, meaning making and attachment repair); he then completed the certification level in April 2013. As education chair, he plays an active role in arranging a wide range of talks for family physicians, GP psychotherapists and psychiatrists, while also building bridges between MD and non MD mental health care workers. Harry created and continues to run the Caring for Self while Caring for Others series, which runs between October and April annually. He blogs on behalf of the section at: <http://wildpsychotherapyfrontier.blogspot.ca>

Amy Alexander M.D., M.H.Sc., CCFP, Dip CAPM is a Family Physician with focused practices in both Psychotherapy and Pain Medicine. She has a special interest in the integrative treatment of patients with both complex physical and mental health problems. She has a private practice working with individuals and groups in Aurora, ON and she is also an Active Staff member of the Departments of Family Medicine and Psychiatry at the Southlake Stronach Regional Cancer Centre in Newmarket, ON. Prior to a career in medicine, Dr. Alexander was a Loran Scholar and went on to receive her M.H.Sc. in Health Promotion from the Dalla Lana School of Public Health at the University of Toronto. She worked within the HIV/AIDS palliative care and supportive housing communities in that city until 2003. She graduated from the Michael G. DeGroote School of Medicine at McMaster University in 2006 and went on to work as a Medical Officer in the Canadian Armed Forces where she focused on the rehabilitation and occupational medical needs of soldiers with trauma and other, complex physical and mental illnesses. In 2013, she developed Canada's first Mindfulness and Resiliency Skills program for active military members which continues to this day.

Dr. Alexander has trained in CBT, IPT and Brainspotting and is a graduate of the Massachusetts General Hospital's Benson-Henry Institute for Mind-Body Medicine with advanced training in Mind-Body Medicine for both Chronic Pain and Cancer. She is a Certified Yoga Teacher with training in a wide variety of evidence-based therapeutic yoga techniques such as LifeForce Yoga and iRest. She is also a graduate of Harvard University's International Structural Acupuncture course for Physicians.

August 3rd to 7th Interactive Professional Development Program in the Psychotherapeutic Relationship (Monday to Friday 9:00 AM to 12:15 PM – Dr. Michael Paré)

Overview: In this very interactive seminar, learners will voluntarily participate (only if they choose to) in this practical and clinically relevant session. The focus is on increasing knowledge and skills that will enable them to develop authentic psychotherapeutic relationships with their patients. Note: Participants are never required – just encouraged – to interact.

Topics:

- Client-Directed Outcome-Focused Psychotherapy
- Helping Skills in Practice
- Constructivist Therapy
- Qualities and Actions of Effective Therapists
- Relational Psychotherapy

**August 10th to 14th Practical Introduction to General Practice Psychotherapy (Monday to Friday
1:00 to 4:15 PM – Dr. Michael Paré)**

Overview: An interactive overview of relevant theories and techniques of General Practice Psychotherapy and a brief overview of Interpersonal Therapy. Essential “Do’s” & “Don’ts” of therapy including Record Keeping, Confidentiality, Consent to Treatment, Boundary Issues. Interactive discussion of real and fictional patient-therapist encounters and viewing some Hollywood film clips featuring psychotherapy. This program is based on the earlier course but is changed and updated. Topics: Overview of Standards and Guidelines of General Practice Psychotherapy (Mon); Supportive Psychotherapy: 10 Things to Do, and 10 Things to Avoid (Tue); Boundary Issues in Psychotherapy (Wed); Interpersonal Psychotherapy (Thu); Practical Consideration on Transference and Countertransference in Psychotherapy (Fri).



Faculty: Dr. Michael Paré, B.Sc., M.Sc., M.Ed., M.D., General Physician Practicing Psychotherapy, Chair of the OMA Section on Primary Care Mental Health and President of the North York General Medical Society. He is coordinator the Medical Clinic for Person Centred Psychotherapy. Doctor Paré has several credentials in psychotherapy. He is a Certified Group Therapy, and is Certified in IPT Psychotherapy. He is a (Teaching) Mentor / Supervisor of both the General Practice Psychotherapy Association and the Collaborative Mental Health Care Network of the Ontario College of Family Physicians. One of Dr. Paré’s central professional interests has been the provision of collaborative educational programs on GP-Psychotherapy along with Family Medicine and with Psychiatry. He has set up (with his GP and FP & Psychiatry Colleagues) several very successful programs. Dr. Paré is potentially available to come to your location and provide you with MainProC educational sessions. Presently he can teach one or more of several three hour MainProC Workshops (see list above) His Clinic website is <http://www.medicalpsychclinic.org>. To enquire about this please email Dr. Paré at michaelpare@rogers.com

Accommodations: Deerhurst Resort, Huntsville, Ontario

For reservations call: 1-800-461-4393 and quote *McMaster Muskoka Seminars*

Sunday check-in and Friday check-out. Special conference rates offered for three days before and after seminar dates based on resort availability. Spouse and children under 18 stay free with registrant. Applicable taxes and resort amenity fee in addition to all rates. Reservation is subject to cancellation policy and deposit is required.

Please be sure to make accommodation arrangements ASAP. Deerhurst room rates plus taxes and resort amenity fee:

Main Building Guestroom	\$199.00 per night	1 Bedroom Condo	\$299.00 per night
Lakeside Guestroom	\$209.00 per night	2 Bedroom Condo	\$389.00 per night
Junior One Bedroom Suite	\$239.00 per night	3 Bedroom Condo	\$529.00 per night

Deerhurst resort offers use of the following amenities: splash zone, three outdoor pools, golf practice on the greens, canoes, kayaks, beach access and chaise lounges, hiking trails, tennis courts, basketball hoop, volleyball court, parking, fitness room, guestroom high-speed wireless internet, and indoor pool.

For the full guestroom description of what is offered at Deerhurst, please visit the website at:

<http://www.deerhurstresort.com/huntsville-ontario-accommodations.htm>

Registration

Course Tuition: \$795.00 per course Student Rate: \$395.00 (full-time students only)
Rate Inquires can be directed to jkapur@stjosham.on.ca

Complete online registration and secure payment at: <http://fhs.mcmaster.ca/psychiatryneuroscience>

OR

Mail completed registration form and cheque to address below

**Please make CHEQUE payable to “McMaster University”*

Name: _____ Professional Designation: _____

Address: _____

Organization/Facility: _____

Phone: (____) _____ Fax: (____) _____ Email: _____

Course Registration – please check desired course(s):

August 3-7 9:00–12:15	<input type="checkbox"/> Interactive Program in the Psychotherapeutic Relationship	Dr. Michael Paré
August 10-14 9:00–12:15	<input type="checkbox"/> Management of Traumatic Stress Disorder	Dr. Harry Zeit & Dr. Amy Alexander
August 10-14 1:00–4:15	<input type="checkbox"/> Practical Introduction to General Practice Psychotherapy	Dr. Michael Paré